



GREEN AND GOLD

SARAH J. HALE VOCATIONAL HIGH SCHOOL

Volume XXXV, No.1

December 1963



HALE STRIVES FOR HIGHER HORIZONS

"Education Strengthens The Nation"

Lincoln Center Fund Awards Four Hale Girls

Four Sarah Hale students were awarded the Lincoln Center Student Awards for 1963-1964 by the Lincoln Center Fund for Education and Creative Advancement. These students were sent tickets for six concerts by the New York Philharmonic and received information at an orientation session held at Philharmonic Hall.

Annie Holt, Juanita Major, Zenaida Reste and Maedell McDonald were nominated by Miss Drew on the basis of academic excellence, leadership potential, and an interest in, but not necessarily a knowledge of, music. Next year we hope more girls will qualify and be chosen to receive the Lincoln Center Award.

by Noemi Labiosa



Girls who received Lincoln Center Awards study schedule of upcoming concerts at Lincoln Center.



Last minute briefing for G.O. Milagros Rodrigues and Stella Hildebran by Mr. Erman.

G.O. Reps At Richard Welling Conference

Sponsored by Sarah Hale's G.O. Milagros Rodriguez and Stella Hildebran spent an enjoyable three day week-end at the Richard Welling Conference in New Jersey on October 25, 1963.

G.O. representatives from Bronx and Brooklyn attended this conference which was held to give students the opportunity to exchange G.O. ideas. They discussed the many benefits their G.O.'s offer and Milagros and Stella got new ideas from other schools. Voting machines for electing G.O. officers was mentioned along with better ways of raising money to provide more benefits for students. But it was not all work and no play! They attended a barn dance and socials and everyone participated in a talent show.

All in all, there can be no doubt, our girls had a wonderful time.

by Lucille Schettino

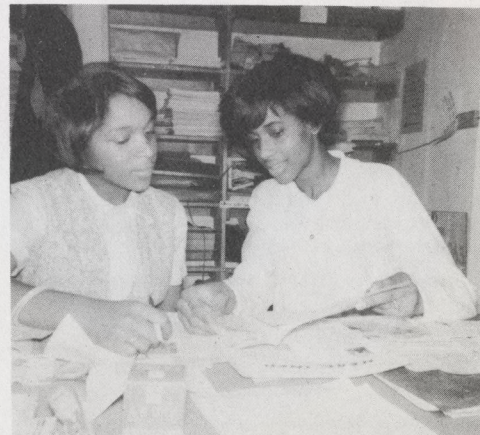
Hale Girls Attend High School Press Conference

On December 4, Imogene King and Martha Davis, both in the 5th term journalism class, attended a High School Press Council meeting at the Overseas Press Club in New York.

Guest speaker was Richard D. Peter of the World Telegram and Sun who discussed some aspects of how newspapers should be written. The topic concerned the editorial policy of a school paper in relation to local and national affairs. He pointed out some of the characteristics of a good editorial and helped solve some of the problems concerning the handling of such a column.

Student reporters from all over the city attended the meeting and had the opportunity to exchange ideas on newspaper publications while they socialized and were served refreshments. All are looking forward to the next meeting set for January 3.

by Martha Davis
Imogene King



High School Press Council delegates confer over notes from the meeting they attended.

GREEN and GOLD

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Editorial

Throughout the world today many people are fighting for the right to a free education. We in America have that right and privilege. Why then, are there so many high school drop-outs?

It would be simple to say that students drop out of school because they want to earn money or get married or because they have family problems; however, beneath all these arguments is the fact that those who drop out do not realize the value of an education. For if they did they would know that education is what will prepare them for all those responsibilities they are seeking pre-maturely.

Whose fault is it then that these students are unaware of the necessity of a good education? Perhaps the parents, perhaps the schools, perhaps society.... or perhaps no one in particular. Maybe the answer lies within ourselves. If each of us were to stop and think how fortunate we are to have a free education no one would have to say to us "Don't be a high school drop-out" The thought would never have entered our minds.

FACULTY FACTS

A new addition to the Nursing Department is Mrs. Streicher. Before teaching, she worked as a nurse. Mrs. Streicher thinks a great deal of the girls and our school. She is the proud mother of two children. During her spare time she devotes herself to her home and family.

Mrs. Mary E. Davis teaches General Science and Health Careers to 3rd and 7th term students. She graduated from Columbia University and taught previously at Manhattan State Hospital and School of Nursing. She is the proud mother of one boy. Her hobbies are reading and sewing.

Miss Parker is a new member of the Health Education Department and teaches health education and health instruction. She received her B.S. degree at Delaware State College and her M.A. at Columbia University.

Miss Parker enjoys traveling, stamp collecting and also likes to collect old coins. She plans to do more traveling in the future. She expressed her pleasure in the atmosphere of this school and finds most of the girls very nice.

Mr. McCarthy, of the English Department, was born in Manhattan, is married, and has a twenty month old daughter. He graduated City College and is now working for his Ph. D. He feels that Sarah Hale is a clean, well-run school, and that the majority of the girls behave like young ladies. Mr. McCarthy's hobbies are dancing, football, reading books on psychology and studying human behavior.

Miss Harriet Leventhal was graduated from C.C.N.Y. and is now attending classes at N.Y.U. for her Master's Degree. She teaches Secretarial Studies to seniors and thinks the school is doing an excellent job in teaching its pupils. She enjoys teaching here and thinks the school has a congenial atmosphere. In her spare time Miss Leventhal likes to bowl, swim and dance.

Miss Drew's Corner



December 1963

Dear Girls,

How pleased I am to say "Happy Holiday Season" to each and every one of you through the "Green and Gold"!

The season of "Peace on earth to men of good will" should not be limited to the Christmas week only. Let us promise to extend that season from one Christmas to the next. Then all will enjoy the gladness of Christmas which is Hope; the spirit of Christmas which is peace; and the heart of Christmas which is Love.

May the New Year, 1964, bring peace and happiness to us and all mankind.

Sincerely yours,
MARY L. DREW
Principal

MILDRED KOHLER

Miss Mildred Kohler, Dean of Sarah J. Hale, passed away on October 1, 1963. She came to Sarah J. Hale in September 1956.

Miss Kohler taught Nutrition in the Health Careers Department. She was made Dean of Girls in February 1962.

To those who knew her, the memory of her warm smile, her understanding guidance, and her sincere dedication to her profession will never fade. We will all miss this fine woman and teacher.





Hale Teen Fashion Girls model some of the lovely chic dresses and outfits from the Simplicity Pattern Fashion Show.



Lovely display of the Halloween Costumes created by costume design girls.

FASHION MERRY-GO-ROUND



by Mary Ann Vona

On December 6th members of the Hale Teen Fashion Group participated in the new Simplicity Pattern Fashion Show which was seen by Fashion Art girls and freshman and sophomores. As usual the show was exciting, colorful, and informative as the latest styles were modeled for school, casual and evening wear. Especially interesting was the new long skirt so popular for entertaining at home.

Undoubtedly, you have passed our school's display window recently and been drawn to it by the colorful and lifelike Halloween figures peering out at you. These were creations of the costume design students who participated in the Halloween Costume Contest. Each girl was given a chance to express her ideas and talents and the winners were chosen by secret ballot. Awards were presented to those girls by Miss Sherman.

Here's an extra! The girls of Hale Teen Fashion Group presented a fashion show for the Leaders Club. They wore their own clothes and accessories to illustrate the theme "A Top Teen Wardrobe From Morn Till Night."



HEALTH CAREER NEWS

by Carolleatha Ford

We are proud to say that the girls in the Cooperative Education Program who work as nurses' aides in Beth-El and Brooklyn Eye and Ear Hospitals and four Health Department clinics are doing extremely well in their jobs.

Students in the program at present have received satisfactory reports from the hospitals. The girls enjoy their work and appreciate very much this opportunity to "learn while they earn". This enables the girls on the co-op program to put into practice the theories which they have learned in school.

During their senior year these students spend approximately twenty weeks at the hospitals. They also work one month of their summer vacation. The girls receive the same salary and fringe benefits as other aides who fill similar positions in hospitals and clinics.

To take advantage of this opportunity to earn while they learn, the girls must meet minimum requirements of ability, school work, dress and attitude.

Brooklyn Eye and Ear Hospital reported that Dianne Crist had made twelve Halloween ornaments out of apples, tooth picks and gum drops which she brought in and presented to patients in the children's ward. The children were delighted with these gifts.

"UNDER THE DRYERS"

by Nina Quagliata

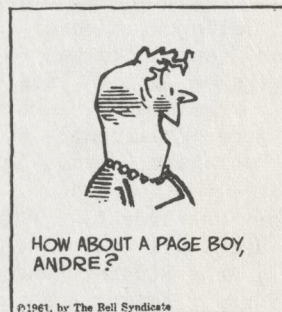


B. C. Students Attend Beauty Show

During the month of October, senior and junior beauty culture girls attended the International Beauty Show held at the Statler Hilton Hotel. It provided these lucky students with plenty of excitement and entertainment, as well as information. Skilled beauticians worked at booths demonstrating various things such as hair styling, setting, and cutting, facials and manicures; they introduced many of the products of Revlon, Roux, and Clair-ol.

Guess what girls. There are beautiful Christmas gifts in the Beauty Culture Store. The good news is that they are for men, women, and children and are also at a reasonable price. So if you have not finished your special Christmas shopping yet, drop by the store today.

Incidentally, students have begun attending sessions at the Clair-ol Center. All junior girls get a chance to attend for one week. At Clair-ol the girls learn how to dye hair and how to use Clair-ol products.



HOW ABOUT A PAGE BOY, ANDRE?

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Co-op Graduate

Carmen Rodriguez, a Co-op Student who graduated last June, is now studying to become a registered nurse at Community College. She is getting her practical experience at Beth-El Hospital, where she served as a nurse's aide during her senior year at Sarah Hale.

Several of our graduates from Sarah Hale are still employed by the hospitals where they worked as Co-op program students.



Mrs. O'Hale, Freshman Counselor, stated: "I am very glad to be back working with my wonderful girls." Mrs. O'Hale is in the Guidance Office periods 1 and 2.



This year's sophomore class is the largest in the school; therefore, conduct is an all important thing. Sophomores were introduced to the Student Handbook during a class meeting and were urged to buy the Handbook. Mrs. McCarthy, Grade Counselor, can be found periods 1 and 2 in the Guidance Office.



Mrs. Bellucci, Junior Grade Counselor, announced the following results of Junior Class elections: President - Patricia Jones, Vice President - Barbara Savini, Secretary - Lydia Torres, Treasurer - Loretta Hand.

Junior President, Patricia Jones, urges all juniors to join the G.O., buy Student Handbooks, and pay their senior dues. She also urges students to be alert in all classes because all subjects must be passed in order to graduate.

Congratulations

Miss Grace O'Connor was recently appointed to the position of Sarah Hale's Dean of Girls. Miss O'Connor has taught English and history to our students and has many years of experience from which to draw upon for her new job. We wish her success in this latest undertaking.



"All seniors received a class pin for the first time this year," stated Mrs. Hall, Senior Class Adviser. She also mentioned that seniors should be proud of their fine attendance records this year. Remember that all subjects must be passed in order to receive a diploma and records in citizenship and behavior must be satisfactory.

All seniors participated in the Betty Crocker search for the Homemaker of Tomorrow by taking a competitive examination on December 3. The winner will receive an award at Graduation.

At the first class meeting the Junior Class President read from the scroll which was handed to her at graduation in June 1963 by the outgoing Senior Class President. The scroll "symbolizes the attainment of knowledge and understanding of the obligations of citizenship gained through the many experiences offered at Sarah J. Hale."

by Noemi Labiosa

SCHOOLS OPEN TUTORING CENTERS

The opportunity has finally come for hundreds of students who wish to improve their schoolwork. Sarah J. Hale, along with many other schools in the city, is holding classes every afternoon, Monday through Friday from 3:30 to 5:30 and on Saturday mornings for students who need individual help in reading and mathematics. In addition, study halls are set up for those students who have no place at home in which to study, or who need help in learning the techniques of studying.

The students participating in this program were recommended by their trade or academic teachers because it was felt they would profit by such an experience. Ordinarily, students would have to pay at least five dollars an hour for such tutoring, however, these sessions are offered free. The only requirements for acceptance are the need for profitable assistance, a willingness to learn, and a desire to improve oneself.

Parents Attend Open School Evening

by Loretta Lovett

As it does every year, Sarah J. Hale opened its doors to welcome all parents on the evening of November 19, 1963, "Open School Night." This gave parents an opportunity to speak with teacher and to learn how they could help their daughters to improve their school work.

In addition to the usual conferences, parents were given a guided tour by members of the G.O. Council and Leaders Club.

A program was presented in the auditorium at 8:30 P.M. Gladys Wilder, president of the G.O. Council, greeted the assemblage. Following this, she introduced five representative parents of each of the grades and the Annex. One of the parents spoke for all of them and sincerely thanked the faculty for all it has done for the students. Miss Mary L. Drew, our principal, then welcomed all and spoke on the theme of education week which was "Education Strengthens the Nation."

As a finale, Lucille Schettino modeled an authentic reproduction of a dress worn by Sarah J. Hale after whom our school is named.

The large turnout of parents was very heartening for it indicated how great an interest these parents are taking in their children's progress.

FROM THE ATTENDANCE OFFICE

by Francine McCarthy

Mrs. Greenberg, Attendance Coordinator of Sarah J. Hale stated: "We all must strive for perfect attendance for a future in industry. Industry wants educated and reliable workers."

Many girls think nothing of coming to school late or staying home for trivial discomforts, and, therefore, accumulate a disgraceful record of absence and lateness. When these girls apply for jobs and have their records screened by possible employers they will learn too late that these carelessnesses cost them a better job.

Our school rewards girls and classes who strive for perfect attendance with the following commendations:

- Green & Gold Banner
- Commendation Card
- Certificate of Merit
- Excellence in Attendance
- Certificate of Merit for Perfect Attendance



ANNEX CHATTERBOX



Our Teachers



SJ Hale girls draw cheers at Grady assembly

EXTRA-CURRICULAR ACTIVITIES

Our G.O. has successfully arranged a brother-sister social and sports activities program with the William E. Grady Vocational & Technical High School. As a starter, our students acted as Cheer-leaders and Boosters for the Falcons, the Grady basketball team.

We must have inspired and encouraged our brother team a great deal because victory was sure and easy for the Falcons in the first three games in which we participated.

On November 15 - victory for the Falcons against Edison H.S.

On November 22 - victory for the Falcons against Wilson H.S.

Our students had their first chance to socialize with the Grady males at a Thanksgiving Dance on November 27, from 8-11 in the evening. The get-together was a huge success. A grand time was had by all the students present and by our G.O. faculty member, Mr. Olk, who chaperoned the gala event.

Reatha Hyman, 31P

ARE YOU INTERESTED?

I read an article in the newspaper asking for students in junior and senior high school who were interested in modeling and beauty aids. Also, scholarships would be awarded in modeling.

To be eligible to participate in this event, the contestant had to write and tell about herself and why she was interested and would like to participate.

I submitted a paper and was selected to be on Martin's Young Junior Board. I was among several girls who modeled fall fashions on October 5, 1963. I wore a green Empire dress, with beige shoes and bracelets.

This is a wonderful experience for girls who wish to become models. I enjoyed every minute of it.

Nancy Lane, 52P

Students Join in Talks

On November 19, 1963, Beverly Aiosa and I represented our school at a United Nations Panel Discussion. This consisted of private agencies which cover United Nations news.

On the panel were: Mrs. Eleanor Clark French, Commissioner to the United Nations; Miss Katherine Pelch, New York Times; Mr. Max Harrelson, United Press; Mr. Osgood Carruthers, United Nations and an editor-in-chief of an international newspaper from Mexico.

Each expressed his personal views on making a newspaper article more interesting. Newspaper staffs word day and night to finish reports. Staffs are sent on scoops according to how they best are suited to the work. They work together on important stories and they must be well organized. No one can stop a story from being published, but the staff does not like to print stories which will do damage to anyone. United Nations representatives have to keep their stories straight and well balanced. The United Nations is international territory where a great deal is being done to preserve the peace of the world.

Marian Lee, 51A

OUR ASSEMBLIES

On October 7, 1963, all the students and teachers were introduced to each other at an Orientation Assembly. Mrs. Campbell spoke about some of the rules of our school, we were told about

the General Organization, and we met its officers.

On October 28, 1963, class 51A held a Panel Discussion on the purposes of the United Nations. ~~There~~

There was a mock Security Council Meeting on the issue, "Should Red China be admitted to the U.N." This program was most informative and entertaining. Many thanks to class 51A and Mr. Shayovich for their efforts.

On November 19, 1963, Miss Rosalie Benach, Revlon representative, showed us a very informative film on manicuring and the care of the hands. She also visited the Beauty Culture classes and gave group instruction.

Miss Boyle came to Sarah J. Hale Annex this term. She has many years of experience behind her. Miss Boyle was employed in the well known La Boff's Beauty Salon on Flatbush Avenue in Brooklyn. Our new teacher is quite a traveler, born in Guffalo, New York, raised in Canada, and lived in Winnipeg. She feels that the students are anxious and very willing to learn the trade. She enjoys teaching and is very talented not only in Beauty Culture, for she also teaches Mathematics. We all welcome her and hope that she appreciates us as much as we do her.

Susan Basch, 51A

Mrs. Spitale is an alumna of Sarah J. Hale, and has been a beautician for thirteen years. She prefers working as a teacher rather than in a shop. Mrs. Spitale has a fine reputation as an excellent operator at all the better salons around the Kings Highway area of Brooklyn. We welcome her to our school and are very happy to have her as one of the new Beauty Culture teachers.

Beverly Aiosa, 51A

THE CRY OF A DESK

To the teachers, pupils, and fellow desks, I appeal to you:

For nine years I have sat in this room, 516, and have served my one purpose in life, and that was to make each and every student who sat upon me as comfortable as possible. I also wanted to make it easier for them to write. I have served the students to the best of my ability and what do I have to show for it? My back has been carved up terribly, my face, arms, and legs have been defaced badly and contain many unsightly colors. I have been cruelly banged, kicked about, and shoved around the room. My limbs are beginning to fall apart, and I am showing signs of old age in my young age. Again I appeal to you, is this the punishment I must receive for my long, painful, and faithful years of service?

What will the future hold for me? I am longing for the day when I will be sent to some kindly old lady who will love me and take care of me.

Reatha Hyman, 31P



Girls who participated in annual Thanksgiving Assembly display the theme, "GIVE THANKS".



Leaders Cynthia Womack and Donna Gray are off to attend Leaders' Conference at Holiday Hills.



Frances Ribici and Donna Gray study volleyball rules after attending exhibition game.

Giving Thanks

On November 27th, Sarah Hale students presented the traditional Thanksgiving Day Assembly. This year's program was lovely in its quiet simplicity and sincere tone. The story of Thanksgiving was told and it was pointed out how proud we should be of the fact that we should be of the fact that out Sarah Josepha Hale initiated the establishment of this holiday. The Choral Club made its contribution with appropriate Thanksgiving songs, but especially moving was the reading of the last Thanksgiving Proclamation by President Kennedy. As a finale, there was a recitation by members of the 5th term Journalism class of all the things for which we should be thankful. This recitation was climaxed by a flashing of the letters which spelled out the theme of Thanksgiving itself- GIVE THANKS.

by Benedetta LaMattina

A Happy Holiday



Leaders Attend Conference

Representing Sarah J. Hale, Cynthia Womack and Donna Gray attended a city-wide Leaders' Weekend at Holiday Hills, New York. The girls were sponsored by funds from our school and money raised by the girls of the Leaders Club who sold candy bars.

Although the weekend was slightly dampened by rain and all outdoor activities were cancelled, ping-pong, sit-down volleyball, and noc-hockey offered a bit of excitement indoors.

On the more serious side of the agenda were conferences during which Leaders from Manhattan, Brooklyn and Bronx exchange-

ed ideas concerning new sports activities for the Leaders Clubs, intramural sports, and comparison of general club meetings.

Also in the news are Leaders Frances Ribisi and Donna Gray who along with Mrs. Hume attended an exhibition volleyball game sponsored by PSAL at New York University. The girls benefited greatly from this experience in that they had the opportunity to learn how to supervise and to referee a game on their own.

It seems obvious that Hale's Leaders, under the guidance of Mrs. Hume, are girls who "lead" in more ways than one!



D.E. NEWS FILE

by Milagros Villaran

As you may know, several changes have taken place in Distributive Education areas. For one thing, Mr. Weissman is now faculty adviser of the D.E. Council which meets after school on Mondays.

Mr. Epstein has assumed the responsibilities for the School Supply Corner which is entered through room 118. The new entrance is only a small hint of the changes which are in progress in the store itself in both physical appearances and purchasing techniques. Although the store is a service to the students, for the girls in the store practice class this provides valuable experience and is part of their term's work.

Girls in Junior NOMA visited the Pepsi-Cola Company in October and the Chase Manhattan Bank in November as part of an organization which tries to acquaint students with modern management techniques and office work. They attend conferences, lunches, and are taken on tours of various firms.

There is a new ruling concerning DECA competition. We will no longer participate in a state wide contest. Girls will take part in DECA contests only on a city-wide level in June. At the moment, Brenda Dudley, Mary Ann Wawrzonak, and Lydia Maldonado will represent Sarah J. Hale. In the future other girls will be named.

John F. Kennedy



John Fitzgerald Kennedy

35th President of the United States
Born May 29, 1917
Inaugurated January 20, 1961
Died November 22, 1963

During the four days following November 22, 1963, the assassination of John F. Kennedy, time seemed to stand still as Americans and all the world numbly came to the realization that a great man was dead. With eloquent words, great minds paid tribute and expressed the grief, sorrow, and frustration of this tragic loss. What more is left to say?

Perhaps we have said too much already. Perhaps now we should begin to live a tribute to John F. Kennedy by putting into practice some of the ideals of those programs for which he fought so hard. For example:

1. The Peace Corps and Civil Rights - We must learn to live in understanding and tolerance of not only our American brothers, but of our brothers of the world.
2. Physical Fitness - We must realize the importance and beauty of a healthy mind in a healthy body so that we will never neglect the care of ourselves.
3. High School Drop-out Problem - It is not enough to just attend school each day. We must understand that our own education is a precious right which will prepare us to accept our future responsibilities in life.
4. Unemployment Problem - President Kennedy realized that this problem existed because many people never really developed those skills or talents with which they were endowed. We then as students in a vocational high school, have a special obligation and responsibility to work hard in order to achieve those goals which will make us useful citizens and human beings.

These then would be some of the things we could do each day to prove that John F. Kennedy did not live or die in vain. What better tribute could we pay to our God, our Country, and the memory of our beloved President.



Roving Reporter

by Anita Perez
Francine McCarthy

Question: What causes high school drop-outs and how do you think we can help solve this problem?

Answer: Some students drop out because of the need to support their families and others because of a desire to work and make money. Parents should encourage their children to finish school so that they can eventually get better jobs.

Julia Jones, 51P

Boy friends! A girl will meet a boy, fall in love and want to get married. Naturally, she decides to drop out of school right away. A girl should not get too serious with a boy while still in high school. If she does, she should at least postpone her plans until she gets her diploma and is mature enough to accept such responsibilities.

Antoinette Mandala, 55P

Of course it all depends on the individual, but from my experience with acquaintances, the majority of them drop out because they find it hard to achieve their goal in school or because they are too anxious to get married. They want to rid themselves of home problems. We can help solve this problem by having better guidance and understanding from both parents and school.

Lucy DiSibio, 51A

Many students do not know what trade to take or what they want to do in the future. Some wind up taking the wrong courses, become confused, lose interest and quit. Students should receive individual counseling before entering high school and all through high school so they will be sure they are on the right track.

Denise Cesar, 71A

PARENTS AND TEACHERS — MOST IMPORTANT PEOPLE

- Parents and teachers are not dependent on us. We are dependent on them.

- Parents and teachers are not intruders on our activities. They are the motivators and they are responsible for us.

- Parents and teachers are not statistics. They are flesh and blood human beings with emotions and feelings, likes and dislikes—similar to our own. They are not perfect; we are not perfect. Too often we recognize only their shortcomings and forget about our own.

- Parents and teachers are not persons to be argued with or persons to match wits against. In "winning" an argument with a parent or teacher, we lose.

- Parents and teachers provide us with everything: material and emotional needs as well as the practical experience and theoretic knowledge required of every young man and woman about to enter the world of adults. Someday, we too will be parents and teachers. Perhaps we will be more wise. But before that someday, let us take advantage of our parents and teachers and profit by our association with them.

General Organization Clubs

D.E. Council

Mr. Weissman, adviser to the D.E. Council, stated that there are twenty-five members of the Council. To become a member, students must take business courses and must be interested in the business world. There are many activities planned for the council such as trips to department stores, insurance companies, and guest speakers. The purpose of the Council is to give students an idea of how business operates and to encourage them to develop their skills fully. The Council meets every Monday at 3:30 P.M.

SARAH HALE PLAYERS

The Sarah Hale Players began six years ago under the direction of Mr. Mario Albi. They meet for rehearsals three days a week, from 3:30 until 4:45, and a general meeting is normally held once a month. The next production of the Players is a hilarious Christmas comedy called, "The Red Carpet Christmas."

LEADERS CLUB

The Leaders Club is an organization of girls who are mainly interested in sports. The girls who wish to join must have at least an 85 average in gym and must attend the Leaders Club meetings for one semester before they can become full members. Members attend several play days during the year and school-wide tournaments.

During November the Top Teens put on a fashion show for the Leaders.

Do You Feel Tired?

If you are of average weight, here is what you accomplish in 24 hours:
 Your heart beats 103,689 times.
 Your blood travels 168,000,000 miles.
 You breathe 23,040 times.
 You inhale 438 cubic feet of air.
 You eat $3\frac{1}{4}$ pounds of food.
 You drink 2.9 quarts of liquids.
 You lose $7\frac{7}{8}$ pound of waste.
 You speak 4,800 words, including some unnecessary ones.
 You move 750 muscles.
 Your nails grow .000046 inch.
 Your hair grows .01714 inch.
 You exercise 7,000,000 brain cells.
 No wonder you feel tired sometimes . . .

THE G.O.



This year Sarah J. Hale will need as many volunteer G.O. members as possible for work at Brooklyn Hospital. With money received from donations by the girls of Sarah J. Hale, a Christmas tree was bought, beautifully decorated, and donated to Brooklyn Hospital. Incidentally, for those of you who have wondered why Sarah J. Hale hasn't held any dances, we want you to know the matter is being discussed. If everything is worked out, we will have one this year. If not, plans for something else will be made.

AUDIO-VISUAL SQUAD

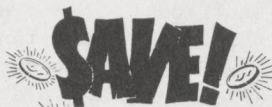
The purpose of the A-V Squad is to teach students how to operate machines, so they can save classroom time for teachers.

Once they are trained to use two machines, the film strip and the movie projector, they receive a certificate.

"In learning to use the machines they also learn not to be afraid of mechanical things because in this modern world nearly everything is mechanical," said Mr. Ginsberg, A-V Coordinator.

The squad meets Wednesdays at 3:30 in room 237. The officers of the club are:

Gladys Wilder, president, Christine Faison, vice president, Susie Malone, secretary.



MORE FROM OUR STORE

"There will be a new look in our school store from now on," said Mr. Epstein, the "man-in-charge." The appearance will be enhanced by new counters and an office in the store. Merchandise will be new, different and of a larger variety. These changes are being made slowly and approval from the Board of Education is awaited. All students who work in the store will receive a mark, as this experience is part of their classwork.

"Any merchandise that the students desire that can be carried in the store profitably and in the best interests of the school will be sold."

HONOR SOCIETY



Students who wish to become members of the Honor Society must have good records of scholarship, character and service. They must have an average of 85 for a full term and pass all major and minor subjects. Dental and medical notes should be in and attendance records must be good. Are you qualified? If so, speak to your teachers or Mrs. Bengert.

The following are presently members of the Honor Society:

Sonia Vivas, president, Annette Bianco, vice president, Maria Regalizio, secretary, Francine Mecciche, treasurer, Sheila Blum, Maria Lopez, Maedell McDonald, Elaine Thompson, Cynthia Womack.



LIBRARY NEWS

Did you know that November was the month for reading books?

Our school has received approximately two hundred new books and there are more books to come. The most popular book this term is a fiction book called "Runaway Teen" by Fin Lasion. The library has many books for your enjoyment. So, why don't you make a note to come down and read. Make every month your reading month.

REBEL IN PETTICOATS

by Winifred E. Wise

Who was this pretty young wife of Henry Stanton who dared to say that women were as capable as men? Many prominent European men were asking this question about Elizabeth Cady Stanton at the World Anti-Slavery Convention. Although not well-known at this time, she was soon to join the ranks of American women crying for equal rights along with men and arousing others to do the same.

For seventy-two years this brave woman fought for equal rights for those of her sex, until in 1920 the Nineteenth Amendment to the Constitution was passed removing the last obstacle of man's supremacy. Today, because of this courageous woman and others like her, the American woman and other women all over the world share an equal footing with man. This is her story.

Judith Drickey